



I Am Not My Ancestors

by Jan Toomer

As we – each year - celebrate the American holiday of July 4th – Independence Day – I often look back over the history that was taught and the hidden history of the US of A.

Don't get me wrong – I am grateful for the US of America and, to date, happy to be an American.

The Hate in the South

I was in the 6th grade when my family moved from the Midwest to the Deep South – and I had a very rude awakening.

I had never considered skin color or financial status of anyone, so when people refused to look at me, or would cross the street to walk on the opposite side... I was confused.

One day, I was talking to an older woman; she wouldn't look at me when I was talking to her – I lost it and began sobbing.

The woman asked me what was

wrong. I told her that my mom was right, that I was a freak.

The confused woman asked me what I was talking about – so I explained that recently people refused to look at me when we were talking, and they would move to the other side of the street so they wouldn't have to walk on the same sidewalk as me.

That was the day I

- learned about racism and prejudices
- was first called "honey child" (and loved it ever since!)

This beautiful, warm, loving grandmotherly person hugged me until the sobs stopped, and she gave me a lesson on "black versus white" in the Deep South.

I was horrified! People saw skin color and treated others differently because of it?

After I expressed my outrage, she verbally encouraged me to never lose that part of me.

Jumping to High School

I was respected by some and hated by others – I still had refused to see skin color.

Why does one's skin color make them the enemy? No, I refused to be that way.

One of our history teachers gave an essay assignment – write an essay on something about local history. We were to turn it in, and then we would each stand up in class and read it out loud.

I dove in with both feet. Interviews, trips to the library, etc. - researching information from the '40s and '50s up to the then present.

I wrote with passion; if those in school could see the history of torture and horrors, then they could help stop it from happening tomorrow!

I turned mine in.

Then day came that we were to begin reading them to our classmates. The
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Life Purpose

by Linda Aragon

As a Holistic Life Coach, one of the most often asked questions I receive is "How do I know what my Life Purpose is?" Some seem born with a sense of what they are to accomplish here, others struggle years to answer this question. Although it may seem like it could take eons to answer this question, I don't think this is necessarily true...it does require however, incredible honesty with one's self. So I'm offering you a way here to help you along, see what comes forth for you. First and foremost, in a general sense,

I believe we are all here to evolve, spiritually and intellectually. In the viewpoint of Soul Contracts, we set up a path that will most likely facilitate this growth. Some of these lessons can indeed be difficult. We also strive for balance, known as Karma for some. There is a reason for it all.

So let's get started on answering the question of What is Your Life Purpose? First, let's be clear; Life Purpose may or may not include a career path. Purpose is not always about what we do – but more about who we are and where we're going with our lives.

Here's some questions to help you discover "YOUR" Life Purpose:

1. What is the one thing you love most about yourself? And another?
2. List 4 unique gifts you know yourself to have.
3. What is something you always wished you had done in your life?
4. If money, material possessions, people in your life were not a consideration, what would you be doing?
5. On a scale of 1-10 - how important is it for you to find an answer

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Quick Look:

Happenings with Tracy Gohrick and Jan Toomer

What	Where	When	Cost	Need to Know
Mini Meta-Day with Jan -Las Cruces Spiritual Meeting	Linda Aragon's	Thur 8/9/12 10a-12noon	Min. \$4.00	Limited Seating - Must RSVP **
Reiki I Certification Class with Tracy	The Office	Sat 8/11/12 9a-4p	\$65.00	Limited Seating - Must RSVP
Meta-Night with Jan	The Healing Loft	Tues 8/14/12 6-8pm	\$12.00	Limited Seating - Must RSVP **
Psychometry Class with Jan	The Office	Tues 8/21 - 9/4/12; 10a-12n	\$60.00	Limited Seating - Must RSVP
Ghost Crossings:Soul Release and Property Cleansing class with Jan	The Office	Tues 8/21-9/25 6-8pm	\$100.00	Limited Seating - Must RSVP
Animal Reiki Class with Jan	The Office	Wed 8/22- 8/29/12; 6-8pm	\$42.50	Limited Seating - Must RSVP
Spiritual Messages by Tracy	The Office	Thur 8/23/12 6-8pm	\$12.00	Limited Seating - Must RSVP
Metaphysical Teen Nights with Jan	by Invite	Please inquire		
Metaphysical Book Study - with Jan - <i>THE AUTISM PROPHECIES</i> by W. Stillman	The Office	Tues 9/11-9/25 10am - 12noon	\$15.00	Limited Seating - Must RSVP
Meta-Night with Jan	Linda Aragon's	Wed 9/12 6-8pm	\$12.00	Limited Seating - Must RSVP **
Reiki II Certification Class with Tracy	The Office	Sat 9/15/12 9a-4p	\$85.00	Limited Seating - Must RSVP
Soul Fragmentation &Soul Retrieval Intensive with Jan	The Office	Wed 9/19/12 6-8pm	\$30.00	Limited Seating - Must RSVP
Healing Night by Tracy	The Office	Thu 9/20/12 6-8pm	\$12.00	Limited Seating - Must RSVP
Reiki II Certification Class with Tracy	The Office	Sat., 10/13/12 9a-4p	\$85.00	Limited Seating - Must RSVP
Reiki III Master Certification Class with Tracy	The Office	Sat., 11/03/12 10a-4p	\$100.00	Limited Seating - Must RSVP
Life Before, During & After Being a Human with Jan	The Office	Tues 11/6-11/20 10am - 12noon	\$60.00	Limited Seating - Must RSVP
Combo Night with Tracy and Jan	The Office	Tues 11/06/12 6-8pm	\$30.00	Limited Seating - Must RSVP
Clearing Up the Crap: Finding Joy in Everyday Life with Jan	The Office	Wed 11/7 - 11/21; 6-8pm	\$60.00	Limited Seating - Must RSVP

**** To RSVP: with Healing Loft, contact Raquel at email: rsontiveros@yahoo.com with Las Cruces Spiritual Meeting/Linda Aragon at email: Aragon77@comcast.net**

To RSVP with Tracy - email: jagclgmom@gmail.com;

To RSVP with Jan - email: jan@reality-undefined.com

Location/Directions provided when you RSVP. **Sorry, no walk-ins.**

We reserve the right to refuse rsvp's/attendees.

Check out the link for more classes and more information:

<http://www.metaphysical-studies.com/blog/2009/05/15/las-cruces-classes-offered/>

Blog: <http://www.metaphysical-studies.com/blog>

I Am Not My Ancestors

Cont'd

teacher would call a name, hand the student their graded paper, and they would read it to the class.

It took two days, I think; on the last day, after a student had finished reading their essay, the teacher announced that everyone did well and moved to a new topic.

I raised my hand; she acknowledged me and I said that I had never received my paper or got to read it in class.

She smiled and said for me to stay after class.

After class, I nervously approached her desk.

She sat down, fidgeted and finally looked up at me and began speaking.

She told me that she had read mine and that my paper received an "A" – and then she promptly destroyed it.

"What?" was all that I managed.

She said she was protecting her life and mine. She explained that "exposing" the history of the KKK was not a good idea and it put her life in danger (for her skin color) and mine in danger; though, she continued, she did admire what I was trying to accomplish.

World War II

I was born with intact memories of being captured, tortured and eventually dying in a mass grave in Germany during WWII. I had been a female Jew, and was the recipient of various "medical experiments".

Death March

I have memories of being Native American and being forced on a death march...and watched my child die in the snow on this death walk.

Civil War

I was solidier from the north, killed on the field during the Civil War.

And there are others – other lifetimes living with or in the shadow of racism and prejudices.

Why Am I Bringing All of This Up?

However, my friends, I – Jan – was born in 1962 in Ohio.

That is where and when this life for my soul began as Jan.

I am not my ancestors – or anyone else's ancestors.

As an adult in this life, I worked to forgive

Germans for my Jewish self; the "whites" for my Native American self; and for fighting my own US brothers for the freedom of slaves.

And none of this should be important to you or anyone else.

Why?

Because, Jan was born in the US in 1962 – it matters what I have done in, and with, this life.

I will not wallow – or hate – for my past life experiences, or the past of the Americas.

I am grateful for the chance to be here – grateful to pre-Native American's though to our veterans and soldiers of today – and am truly sorry for any injustices, hate and/or pain throughout USA's - and the world's – history.

We have *all* had hardships and pain – past lives and current.

It's what we do *now* that counts...hate and anger free; working to stop the anger and hate from perpetuating. It's time to heal the pain - to release the hate, fear and anger and continue forward.

Happy Independence Day to Everyone

Life Purpose

Cont'd

- to number 4?
6. What do other people tell you they appreciate about you most?
7. What about that excites you?
8. What kind of people do you most like to be around?
9. If you could give them one gift of yourself, what would that be?
10. Close your eyes and imagine your life 5 yrs. From now, what would you most want to be doing?
11. How could you accomplish that?
12. What are you feeling right now?
13. What does the deepest 'YOU' tell you that your purpose is?
14. When you listen to the voice of your

heart, at the core of your being, the center of all your deepest yearnings, what would you like to express in your life from this moment forward?

Go back over your answers and highlight the words or phrases that jump out at you. Reflect on these. Begin to write a paragraph about your Life Purpose starting with the statement – "The Purpose of my Life is.....and to....."

After completing your paragraph, close your eyes and picture yourself as the person you've just written about. How right does that feel to you?"

You may find yourself writing several drafts –or it may just take one. When it "feels" finished, and you're excited about it, you'll know you've arrived! Maybe yours just needs updating.

Sound too simple? - I hope you'll give this a try and I welcome any feedback!

Linda Aragon – Holistic Life Coach
RadiantLifeTransformations.com
Aragon77@comcast.net

NEW! Mini Meta-Day - August 9th!

On Thursday, August 9th, I will be doing a talk on the current energy pattern/cycle we are going through: what is it? What is its purpose? What are some of the "symptoms"? What are some suggestions to allow the process to complete?

Following this I will pick/draw a couple of

numbers to answer a question...to give you an idea how Meta-Days and Meta-Nights work. This is a one time offer - and has limited seating. Must RSVP.

This event will be:
8/9/12 10a-12noon
at Linda Aragon's Las Cruces Spiritual

Meeting - Minumum \$4.00 donation.

No walk-ins!

There is limited seating - please RSVP with Linda Aragon at
Aragon77@comcast.net

Which Spiritual Path Are You Following?

by Gregg Prescott, M.S.



Some people are truthers while others are pacifists, yet both are generally peaceful. Some people are 'service to self' and some are 'service to others'. Some people believe in loving everyone while others may show dislike toward certain people in power. Some see numbers such as 11:11 as a spiritual awakening sign while others discard numerology. These are just a few of the many spiritual paths that we're following? What path are you following?

In Esoteric Agenda, Ben Stewart explains how your energy either feeds or starves whatever your intention is focused on. For example, if you're protesting war, then you're basically feeding the continuance of what you're protesting.

From a different view, those who protest war are also waking up other people to the atrocities, oppression and tyranny of most governments, which is a service-to-others-based mentality.

Who's right?

I personally don't care for most of the world leaders who work against the best interests of humanity. Do I love them? No. Do I hate them? No. I'm indifferent. If anything, I appreciate the end result of their oppression, which ends up in a greater awakening for humanity through truth, which is always hidden by the powers that

were.

Discovering the hidden truths is common for many who are beginning their spiritual journey. Many of us have gone through this stage, where you find out about such nefarious things like the Bilderbergs, the New World Order, Agenda 21, Codex Alimentarius, Project Blue Beam, secret societies, the origins of the Federal Reserve, etc..

At this stage, we are very emotional about being deceived for so long about so many things. Our world has been shaken, but it's also the initial spiritual awakening which eventually leads to a deeper spiritual connection. At this point in time, we gain an understanding of why things are the way they are, yet we're unsure what we can do about it other than protesting or talking to other people about these issues.

As you progress on your spiritual path, you become more aware of yourself and your surroundings. It becomes blatantly obvious how we're all connected to one another. Did you ever meditate during a full moon and feel like you're meditating with thousands of other people at the same time? Or have you ever participated in a global meditation where you could literally feel everyone else's energy? The grid isn't just physical locations on this planet. Earth's inhabitants are the people who maintain the grid as we all become interconnected with one another in conjunction to our planet's life force.

During this stage, you may become less of a truth fighter and more of a conscientious observer who realizes that no matter what those in power try to do to suppress humanity, it will always backfire.

You'll also find many people who waiver back and forth to help assist those who are

beginning their spiritual journeys through truth seeking, which can sometimes send a mixed message to others. What's important is that you are following YOUR spiritual path and that it doesn't matter how other people perceive your intentions or actions.

Everyone plays a role in whatever they're doing. Some are activists or truth seekers while others share their energy, thoughts and intentions through meditation. Some are empaths, some are healers. Gandhi chose the role of passive non-resistance.

At every stage, there will always be service to self and service to other people. Some people go back and forth between the two. For example, during meditation, you might spend some of your time on mentally creating 5d earth while also spending time on opening your pineal gland.

There are as many spiritual paths as there are people on this planet. The most important thing to keep in mind is that we're all on the same team. The Maya have a saying, "In lak'ech" which means, "I am another you". It really doesn't matter what stage of spirituality you're at. It doesn't matter if you're a service to self or service to others person. It doesn't matter if you're a truther or a pacifist. There are no wrong or right paths. You are constantly being guided in the right direction and you are EXACTLY where you need to be at all times!

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www.in5d.com
www.HolisticCancerResearch.com
www.maya12-21-2012.com

All That Confusion

by Jan Toomer

Conflicting Thoughts, Words and Actions From Others

This has been a theme for a while, but is really hitting home to many of us now.

- Someone tells you something, only to say something the next hour/day/week that conflicts with what they had originally said.
- Someone tells you something and then the next sentence/day/etc. they have no memory of it.
- Someone tells others that you said

"such and such" and you had never said/done that.

- Someone acts in a totally bizarre (or dangerous and/or uncharacteristic, etc.) manner and has no memory of it.

Now these examples are something we each may have never before experienced or have experienced it once or twice in this lifetime (usually with someone who has dementia). I am talking about this occurring repeatedly and coming from numerous people of various ages and health.

In August 2010's "Shift and Shift Again" ar-

ticle, I had addressed the ongoing energy shifts/changes we are experiencing - and I had written about a dream which I had been having:

"I am walking down a long hospital corridor. Each hospital room door is closed and locked from the outside.

Each room is over capacity with patients - there is no other place to put them - and no one is exactly sure what happened to them.

Each person behind those locked doors has lost their mind."

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I went on to explain that this was akin to taking a magnet and scraping it over your computer hard drive (totally not recommended) – this can scramble (or even erase) the hard drive (brain).

And in January 2011 (“The Other Side of the Illusions” article) I wrote about beginning to see the effects of electromagnetic changes:

“This is manifesting in humans in a few ways: formerly small quirky attributes (which may have shown up once in a while) of each individual is now being manifested – in some cases, magnified tremendously – and in some people, magnified so much so that the person is losing control of balancing that attribute/quirk with society and self; or for some they are just suddenly losing touch with reality.”

What Can We Do?

For Self

Do not get caught up in all that confusion or sucked into all that drama.

Know your own energy.

I ask that you stay focused and centered and keep working on your own healing and releasing. This is not the time to assist everyone else and then self! On the contrary, please work on self (healing, releasing, balancing) and then you can help others.

For Others

Find a technique that will not drain you (just be the conduit) and offer energy to aid others on their journey.

I visualize Source energy – in soft pink – coming into me from the top of my head and I then pulse it outwards for those who wish to partake of the energy (it radiates 360 degrees outwards from me).

This way, their higher selves (if they wish) can utilize it whatever way is for that individual’s highest and best.

(Please use common sense: if the behavior of someone is dangerous to themselves or others please call for professional assistance... dial 911 in the US.)

Is This Going to End Shortly?

No.

Again, I ask that you do not get swept up in the drama or confusion – if you do get caught up in it, it can be hard to untangle yourself from it.

Shielding (in whatever form works for you) helps to bring you back into focus/re-center and keep others energies from attaching to you.

Kindred Soul

When I look into your eyes, I see that you are who you are -
there are no pretenses - no lying about who you are

I see sorrow for the earth and its inhabitants
I see hope for earth and its inhabitants

I see peace and energetic beauty
I see a desire for harmony through out all

I see you to the depth of your soul
I see a Kindred Soul

And I thank you for being who you are
and being in my life.

~

J Toomer



Just Purple

■ The articles posted here and on the blog reflects the thoughts, opinions and experiences of the individual authors. The reader accepts full responsibility to explore what they feel is appropriate for them and at their own risk - and no one else's.

Writers are wanted for volunteer metaphysical and/or spiritual articles. Share your experience - write of your musings/thoughts, messages received or epiphany. Send your article (and website info) to me at email: Jan@reality-undefined.com

••••• Anchors Away! •••••

by Jan Toomer

Exhausted – Tired – Worn Out

These seem to be the new buzz words in describing how people are feeling.

Physically Exhausted

Many report that they are sleeping at night – some sleeping longer than what is usual for them – yet feeling exhausted when they get up.

Oh So Tired

Not only the physical tiredness, but also tired of:

- People “getting away” with stuff
- The never ending cycle of the monetary system
- The economy
- The deceit and/or lies, both small and large scale
- The manipulation
- The insensitivity witnessed/experienced against others
- Emotional “games”
- Etc.

Worn Out

Our bodies, minds and energies seem worn out from struggling with the weight of the 3rd dimension; our “beingness” craving the permanent lightness of the 5th dimension.

I know we’ve “talked” about all of this in various articles (different words, same

meanings) but this is still prevalent in our lives, so it is not yet complete.

No, I don’t have a “due by”, “use by” or “expiration” date. We must each purge, rebalance and lift our energy up and it will take as long as it takes; everyone works at his or her own pace.

Anchors Down

An anchor is a heavy weight with a hefty (possibly chain link) tether.

Ever seen a show or cartoon where a boat is anchored and someone tries to drive it away? Doesn’t work to well, eh?

Fear, anger, sorrow, grief, greed, worry, self-centeredness, etc. All of these and any other lower vibratory emotions are anchors that are holding you in place.

However, there is just one “master anchor”...

Every negative, or heavy emotion has one simple root...

Fear.

That means (yes, I and others have said it before) there are only two emotions – Love and Fear.

If an emotion is not based in love, then it is based in fear. That simple.

If you release fear, then all of these other lower vibrational emotions will leave.

One Anchor at a Time

Some of us work at releasing one anchor at a time; for example, working on releasing all of the grief or sorrow from the past.

And we have all been working hard on releasing/clearing the past – but it really doesn’t *have* to be one emotion at a time.

Remember? It is either love or fear – no other emotions exist.

Anchors Away!

Once fear is released from your energy, the anchors can leave in masse. (This does not mean releasing/ignoring common sense!)

How exciting will it be when we’ve released all the weight of old? What wonderful “new” can come in once we’ve finally dealt with and released the last of our anchors?

It will be the next step in human spiritual evolution!

I’ve only received small glimpses of this possible future – of what beauty and harmony we are each capable of creating.

So have patience with yourself – there is a lot going on that you may not necessarily see, but you are working on/doing nonetheless.

And dream of what you can create when your last anchor is gone.

••••• Hands of Love •••••

Peace For People Everywhere is Upon Us

Peace for people everywhere is upon us. Patience will bring in the peace for those who wish to have that connection with the divine spirit within themselves. Allowing others along their path will only enhance your path. Being one with yourself to bring fourth the light will generate new beginnings in those who have chosen a slower path.

Forgiveness of yourself and others only brings peace. To say you have healed is only the beginning if you have not forgiven yourself.

Clarity will come with confidence in yourself and your beginnings of the new future.

It is now upon you to move forward spread your light and enjoy all that it brings fourth.

From the Ascended Beings of Light.

Channeled by Tracy Gohrick
7-23-12

www.energyhealingbytracy.com
Email: jagclgmom@gmail.com



Zebra Up Close

Strange is our situation here upon this earth. Each of us comes for a short visit, not knowing why, yet sometimes seeming to a divine purpose.

Albert Einstein

Ascended Masters Newsletter #153

July 2012

Dear Friends,

It is always a surprise to me when I get the signal that it is time for another newsletter. But what was even more of a surprise this time is that this message involves geometric figures. This has happened before, but it is an infrequent occurrence.

As I was opening to the Light many years ago, I became aware that before each meditation, three golden pyramids of Light were positioned over me. I was encouraged to bring in these pyramids and secure them into time and space with the Archangels' assistance. This led me on an investigation of the significance of pyramids and the Archangels throughout the centuries. Realizing the powerful energy field created by these structures, I began invoking their presence during each meditation and channeling, and Martin and I continue to do so to this day. More information regarding this invocation can be found in our book, *Angels and Other Beings of Light*.

A few years later, as I was walking through the parking lot where I worked, I spontaneously heard that we were living in a hologram. And I saw a vision once again. Depending where the Light of Infinite Source cut through this hologram, that would be the experience we would be having on this plane. The hologram was multi-dimensional, and we could experience many dimensions of it in a lifetime, even simultaneously! This vision ultimately led me to studying quantum physics and astrophysics.

In the course of these studies I had another vision: This time I saw the third dimension being penetrated by streams of Light at a 45 degree angle. I heard that this angle of Light penetration is necessary in every manifestation we experience on Earth. This is the same 45 degree angle we see on each side of a pyramid.

Trying to explain all these ideas to my then adolescent sons in a restaurant one day led me to realize that perhaps I would just have to trust what I was learning from the Beings of Light was true -- whether others could understand or accept it or not.

Fortunately, over the years much "new" information has become available as theoretical physics has postulated that we do, indeed, live in a multidimensional universe. I've been very much relieved that scientific support for my inner knowing has been forthcoming.

Today, Martin and I had another encounter with two more geometric symbols during a channeling session with St. Germain. Given that Geometry was my least favorite subject in school, I still find these encounters especially curious. In this channeling, we were learning more about the energy of the symbol for infinity (the "lazy eight") and the concept of parabolas and how they relate to this symbol. As I channeled this material, I realized that I had no idea prior to this session as to how a parabola could relate to the infinity symbol. Indeed, I had no idea what a parabola was! So, a vision was given to me.

After the session, I went to Wikipedia to see what I could learn there. Among other things the article says, "A parabola may be considered an ellipse that has one focus at infinity."

This very much pertains to the information we received today.

On another note, we are sending prayers and invocations of Light to all in the U.S who are experiencing extreme weather-related difficulties. Prayers and invocations for the whole world would be helpful as well.

Many Blessings of Love and Light,

Linda and Martin

Infinity and Beyond: All is New, All is Different, and All is Possible

By the Ascended Master St. Germain

Beloved Friends,

We understand that what Leia [Linda] has shared with you may prove a bit difficult to comprehend in its entirety. Indeed, it is difficult to describe the manifestation process completely in terms that the human mind can comprehend.

Once one leaves the Earth plane, however, such descriptions become unnecessary. One can simply experience the indescribable -- and comprehension is complete.

The pronouncement we offered to Leia and Manalus [Martin] today is that the concept of Infinity as you can comprehend it in symbolic form [the "lazy eight"] is no longer as you have understood it.

Because of the increase in frequencies of the Earth plane at this time, and the movement of all Earthly creation to higher frequencies, Infinity as you have known it is

folding over upon itself and the parabolic ends are resting atop one another.

This is creating a very powerful energetic bleed-through of time and space. And as this relates to karma, you are instantly and spontaneously experiencing karmic manifestation, clearing, and healing in ways never before possible.

This can also lead to co-creating new experiences that can completely bypass the karmic experiences that you might have assumed would be mandated for you in this embodiment.

All is new, all is different, and all is possible in ways never before imagined because time/space has folded back upon itself and the parabolic ends have been freed from the confines of the Infinity spectrum.

Now, we are aware that this has led to a great deal of confusion for one and all. Even if one does not understand the symbols, one does understand that life is more and more "different" every day. As we have stated before, it is becoming more and more difficult to predict one's future. And that will continue to be so.

Because of this parabolic shift and bleed-through within all time and space, all things truly become possible now for every one in every way.

Now, the question you may have is how this can relate to what you are experiencing in your lives at this time. Specifically...

(1) We would encourage you to continue your meditative practices in whatever manner is best suited to you. By all means, utilize the pyramids of Light that have been given to you to ensure your time and space is of the highest-vibrational frequency.

(2) Then allow the Beings of Light to aid you in clarifying within your own heart, soul, and spirit that you are ready and willing to allow this transformation and awakening process to continue for you.

(3) Allow yourself to release the need to control what you cannot control with your ego minds.

(4) Affirm that you are also willing to allow the Light of your Totality to be your soul guide in traversing this new terrain.

(5) As you open your hearts to be guided by this Light, trust that the manifestation process that you will be experiencing is perfect for you. Allow the powerful fre-

(Cont'd Page 8)

quencies of Light that are now available to you to co-create a new reality that is profoundly powerful and healing for you in every way.

(6) Do not assume that -- as long as you embrace the Light -- anything is impossible for you to do. That would simply not be true.

You are growing ever more rapidly into

your own true nature as a powerful Being of Light in human form. Allow the parabolas to meet and transfer power, healing, and transformational energies to your human form.

It is happening now. Embrace the process. All is possible.

Many Blessings of Light and Love,

St. Germain

Thank you Linda Stein-Luthke & Martin F. Luthke, Ph.D., DCEP

Expansion Publishing - Newsletters

Ascended Masters Newsletter # 154

July 2012

Dear Friends,

Well, this is another newsletter that will deal with geometric figures. The figures we talked about in the past -- the four-sided pyramid of Light and the infinity symbol ("lazy eight") -- were fascinating for us to contemplate. But the figure discussed in today's message seems at least as compelling.

In this newsletter, we are hearing about a sphere of Light. We have been given the image of this sphere as a way to describe where each of us resides as a sovereign being of Light.

We each are in our own sphere of Light, and what we project from within our human selves into this sphere is what we will experience while we are on this plane.

This is a very powerful concept to embrace since each of us would like to believe that what is happening "out there" is the reason we are, or are not, enjoying our lives as we might wish.

Today, the Beings of Light are finding another way to clarify how each of us co-creates what we are experiencing "out there." Essentially, we are co-creating those experiences from within. And yet, the heart-breaking news of this past week - e.g., the developments in Syria and the shooting in Aurora, CO -- have made this idea very difficult to believe.

Yesterday, Martin and I were guided by Paul Newman to watch the movie "Exodus" about the creation of the state of Israel in which he played the leading role of Ari Ben Canaan. Paul shared that this experience profoundly affected his life. Martin had never seen the movie, and was also deeply moved by it. When I first saw the movie as a Jewish teenager in America, it was a life-changing experience for me as well. I so wanted the Jews to be free to reside where they would finally be safe.

As we all know the issue of Israel and Palestine has become far more complicated with time. But how does one decide the morality of any of those issues?

Archangel Michael has offered us another perspective about how these issues can be comprehended and we share his message with you here.

Once again, we would like to thank you for all the love, Light, and support we receive from you as we offer these newsletters to you.

Many Blessings of Love and Light to everyone, everywhere at this very difficult time,

Linda and Martin

Awaken to the Freedom Within

By Archangel Michael

Do understand, dear friends, we have not come to you to tell you how you must think about any of the events unfolding on your human plane at this time. That is not our function or purpose in your existence. Our function is to simply aid you in comprehending your world and healing that which you wish to heal as wisdom comes to you from your own Totality.

As Leia [Linda] has written, we have offered the symbol of a luminous sphere of Light in which each being in Creation resides. Some of you have called this your "auric field." If this term is comfortable for you, then by all means please feel free to use such.

What we have offered is an understanding that this field consists of all the choices you make at any given moment as you experience life on your plane. In essence, you experience what occurs in your universe by the choices that you are guided to make in response to the energies present in your auric field at any given moment.

And so, an event might unfold on your Earth plane that is uncomfortable for you to contemplate. If your auric field con-

tains a corresponding energy that is also uncomfortable, then your response may escalate the discomfort of this event for you. Conversely, if your auric field is harmonious and filled with luminous Light, then you may choose a response that will add harmony and balance to the uncomfortable situation, perhaps diffusing the difficulty that might have resulted by the infusion of disharmonic energies.

Such possibilities exist in any given situation. Any situation.

May we digress a bit to perhaps ultimately create more clarity in that of which we speak?

As Leia has stated, she and Manalus [Martin] have been guided to observe and be informed of various challenging situations upon your Earth plane at this time.

One event that occurred just recently involved the loss of many lives at the hands of a human who sought to gain notoriety by committing this deed. This human felt he had the freedom to pursue his goal.

Another event that has been depicted in an entertainment form ["Exodus"], involved the story of the loss of many more lives and subsequent desire of those who had been repressed and suffered to gain the right to have a land in which they could be free at last.

In each of these difficult situations, the humans, all the humans who were involved -- those who suffered and those who were the perpetrators of the suffering -- were seeking the freedom to live their lives as they wished.

Freedom is a very important concept for humanity. And yet, humans are constantly shackled by a great deal of fear. Humans fear death. That is the primary fear and because they see death as something that may happen in the future, they fear the future as well.

Humans are the only species who have
(Cont'd Page 9)

this ability to project their fears into the future and allow those fears to rule their lives.

Because of this, the spheres or auric fields, in which most humans live are clouded by these fears and they strive daily to create a world where they no longer have those fears -- a world that will be free of those fears.

Centuries ago, humans realized that if left to complete freedom to structure their worlds so that they no longer needed to fear, they would choose to harm others in order to be "free" of the fear of being harmed by these others. These attempts, as you have seen throughout your history, have not been successful. Suffering begets suffering. If you harm another, then you also will be harmed. Freedom came to no one in these efforts.

Some leaders came forth and said the only way to stop humans from harming each other in the name of freedom was to institute a morality. And so, wise men sought to create ways in which humans could cease harming each other. Out of these efforts, religion was born. A series of rules denying absolute freedom were instituted.

As history has shown upon your plane, the introduction of religion has only created more suffering. Whose moral authority was the correct one that would allow humans to feel free of fear? Because each

moral authority desires to have the freedom to rule over others, great devastation has occurred repeatedly.

And so, we come to another concept that we present to you here as a way to understand how one can truly feel free, and free of fear.

Return to your sphere of Light. Find the places where you experience fear within self and heal those fears with your light. Allow your auric field to return to its true nature. Allow it to completely fill with the harmonious, nurturing Light of Infinite Source. Allow yourself to listen to the wisdom of your Totality unencumbered by fear, and know that the true freedom that each human seeks can be found within.

When you understand and appreciate the true nature of your being, you will, first and foremost, become aware that death is the ultimate illusion. The Light that fills your form is eternal. It is loving, nurturing, and possesses all you need to continue existence no matter how your form is structured.

When you allow this profound realization to fill your being, balance and harmony return to you and you find no need to discharge energies into your Earth to claim your freedom.

You possess that freedom within. You are already free to pursue a path to ultimate awakening and realization of the power of

the Light you carry within.

This Light possesses a wisdom and morality that aids you in realizing that you need never harm another in order to possess the freedom you desire. You have this freedom already.

It will also aid you in realizing you need not judge another who may not have the blessing of this realization. Instead, this Light aids you in feeling compassion for the suffering another may have chosen. This compassion is the flowing Light from your being that can link with the Light of others and aid them in awakening to the freedom within as well.

As each human comes to the realization, the transformation occurs for one and all.

Find the freedom within, dear friends. It is a powerful gift of loving Light one can continuously give self in every moment. And the moment will be all that you will wish to focus upon. No need for worrying regarding the future. You have all you need now, in this moment, and in the next.

Many Blessings of Love and Light,

Michael

Thank you Linda Stein-Luthke & Martin F. Luthke, Ph.D., DCEP

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The Time of the Lizard

by Jan Toomer

Lizard has been showing up repeatedly over the last two weeks.

Granted, it is the *season* for lizards – but is it the *time* of the Lizards?

I believe so.

Looking up animal totems, Lizard's main messages are:

- Listen to yourself
- Pay attention to subtle energies

Listen To Yourself

Everyone, including me, has ideas, theories, suggestions, etc. on just about everything; however, *no one* but yourself is responsible for you and your life path.

Now, this doesn't mean you shouldn't ask others for their opinions on the matter – but the final and ultimate decision is yours and yours alone.

It is time to quit listening to everyone else; be still and listen within.

Pay Attention to Subtle Energies

I usually encounter, or am escorted by, either a Northern Harrier or a Red Tailed

hawk on my trips to town, and this particular day, I saw Red Tail riding the thermals.

Immediately the Lizard message popped in about paying attention to the subtle energies...

(and you know how this goes...this thought led to...)

thermals are subtle (visually to humans) – to...

human auras, energy fields and subtle bodies –

to...

Why is one of the messages to pay attention to subtle energies when I already do?

My "team" was quick to chime in with their reply. They explained that - day to day - I mostly pay attention to the "old", well-known subtle energies.

"Yeah, so?" I asked; I wasn't getting where they were going with this.

They continued –

- We now have "new" – never before experienced on Earth – energy to explore

- Many of us have raised our energies, which brings us in contact with other dimensions we've not had regular, on-going access to because we had carried lower vibrations

- The barriers between dimension has thinned (or may be gone in some cases)

- This expansion has also brought us access to more, new, subtle energies...energies beyond third and fourth dimensions (and higher) on a regular, on-going basis. So, we can now see/hear/feel more, and different, subtle energies. Go dimensional!

It takes less work for Lightworkers to access previously much higher frequencies now.

So, what are we going to do with access to the new energies and more dimensions?

We Are in the Time of the Lizard!

- Listen to self.
- Create and explore the new energies and access to the higher dimensions.

How exciting!

Elissa Heyman

August 2012 Guidance for the Fire, Water, Air and Earth Signs



For All Signs: Are you contemplating big changes? Where success lies for many now is in the unknown. Be willing to try the untried, and leave behind the familiar. It's not important to hold to your old identity, only that you are acting on your fulfillment now. (For more, view my monthly newsletter.)

Fire signs (Aries, Leo, Sagittarius): Still prone to emotional ups and downs, you continue on your journey towards new expressions of power and creativity, towards moving in new circles and conquering

new worlds, and something ignites. Something that is not so familiar: there are new resources becoming evident. Have faith the first third of the month, this message will make more sense later in August. Leo: Things can get really different in your life, about half-way through the birthday year.

Water signs (Cancer, Scorpio, Pisces): More than one opportunity is being considered and they all make you happy! You get to have fun experiences that represent an entire new circle--the world rejoices in you and you are invited to participate! This month's activities lead to greater developments. Choose to pursue the bigger dreams, they're the ones that have the best chance of coming true.

Air signs (Gemini, Libra, Aquarius): You're feeling a lot better about your position in life, and have peace of mind that recent accomplishments will further you...you're moving up! There will soon be a sense of triumph in September if there isn't yet...for some it may have already come. You're due

for a good turn, and it's best to dream big. Be willing to make sacrifices for what you want: "...in the interest of X, I must do Y".

Earth signs (Taurus, Virgo, Capricorn): True riches: you're happier now, you're grinning again, you've learned a lot about what you do hold, and what to hold, dear. Let a renewed enthusiasm for life pour out in all you do. There's no need to participate in deals or activity you don't feel like doing or no longer believe in. You're looking for just the right venue...trust your heart about what to put your energy into. The best thing to do must be felt, not reasoned.

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